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HEALTH

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MADRAS

FOUNDED BY THE LATE Dr. U. RAMA RAU

A JOURNAL DEVOTED TO HEALTHFUL LIVING

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Simple, Safe and Effective Remedy for Shock

A teaspoonful of table salt and a half teaspoonful of baking soda dissolved in a quart (31 ounces) of water could save as many lives as blood-plasma injections in treatment for shock from severe burns, according to a report in the U.S.A. The U.S. Public Health Service said this discovery was "regarded as being of particular importance in the event of a major disaster." Victims should be encouraged to drink as much of the solution as possible.—(*Health News*).

Making them Jump

An electronic device which gives loud warning blasts when thieves tamper with a car has been demonstrated in Sydney. Continual blasts on the horn, lasting for six seconds at a time, are heard after either the bonnet or boot is forced open or when any part of the seating is used. The six-second blasts stop about 15 seconds after the bonnet or boot is closed and when pressure on the seating is removed.

John Bromely, a Sydney Electronic Engineer, who invented the device, believes thieves will be scared away by the unexpected noise. The device is operated by a three-way switch, including the ignition key, on a car's dashboard. When the car is parked and the key removed, the vehicle is electronically "loaded." Should the owner inadvertently set off the mechanism, the blasts can be stopped by inserting the key in the switch .—(*World Digest*, Nov. 1956).

A Wonderful Camera

A new camera considered to be "exceptionally valuable" in medical science and capable of taking enlarged pictures of the human eye has been developed in the Soviet Union. In making the announcement, *Tass*, the official Soviet News Agency, added that the camera , which was made by the Odessa Ophthalmological Institute, could take pictures in very clear detail of the eye, its blood vessels, grains of pigment and dimness of the corneæ without pain to the patient. Apparently a large number of pictures have already been taken with the camera.—(*S. S. News*).

They Talk Through their Hats

The U.S. army has developed a combat helmet which enables G.Is to communicate with each other through their hats. Similar to an American football player's helmet, it contains a two-way military radio, weighing only a pound. Equipped with transistors, the apparatus is smaller in size than two packets of (American) cigarettes.—(What's New in Science, *World Digest*, Nov. '56).

Tell-Tale Ink

A new writing ink has been devised in U.S.A. which is designed to lay forgeries bare. Containing a fluorescent ingredient which soaks into the paper, the ink "stays put." Even if it has been rubbed out or washed off, the fluorescent compound produces a glow when submitted to ultra-violet light.—(*Science Notes*).

Speeding Up the Dirt

A New York chemist has invented a "filter jet fan" which is fitted with five revolving discs made of some absorbent, porous, paper-like material, in lieu of blades. The discs whirl at 2,000 revolutions per minute.

The fan, it is claimed, filters the dirt and grime in the air. The dirt, being heavier than air, clings to the discs, which can be replaced when they've grown black with grime. A steady stream of filtered air is emitted by the fan at a speed of seventy miles an hour. Serving the dual purpose of ventilating and cleansing the air, the fan can be hung up on a wall or placed horizontally near a window.—(*Science Progress*).

Ashtangasareeram

By

P. S. VARIER.

A Concise and Complete work on Anatomy and Physiology in Sanskrit. Certified by the All-India Ayurvedic Conference in 1926. Indispensable to lovers of Ayurveda. Price Rs. 12.

MANAGER,

ARYAVAIDYASALA,

Kottakal, S. Malabar.

'HEALTH'

A Monthly Journal Devoted to Healthful Living

Founded by the late Dr. U. RAMA RAU in 1923

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RURAL HEALTH AND MEDICAL RELIEF

(More Health Centres in N.E.S. Blocks)

THE proposals in the Second Five-Year Plan for the combination of the public health and medical services in rural areas remind us of the recommendations made by the Madras Post-War Reconstruction Committee in 1945, which are worth studying very carefully by all who are engaged in the relief of sickness and suffering. They included the establishment of a health centre attached to a village dispensary, for a group of villages or for every 10,000 to 12,000 people in heavily populated areas and in urban areas of a centre for every 5,000 or 10,000 people according to local conditions. Each dispensary was to have eight beds (four being for maternity cases) and a public health staff composed of one health inspector, one health visitor and two midwives was also to be attached to it. For 15 to 20 such primary centres, it was proposed to have a taluq or group centre combined with a medical institution; and group centres were to be served by a well-equipped district centre. To begin with, the establishment of 450 village centres in five years was proposed.

This scheme, somewhat abridged, was adopted by the Madras Ministry in 1946, but not fully brought into force. The Five-Year Plan outlines a similar scheme for the creation of primary health centres linked with maternity and child welfare centres, in the Community Development blocks in rural areas in this State. Such primary health centres are to be established also in some of the areas included in the National Extension Service.

The annual report of the Union Ministry of Health for 1956-57 says that about 2,000 health centres in N.E.S. blocks are proposed to be established in the various States with central subsidy during the Second Plan period. These will be in addition to the 1,000 centres in Community Project Areas to be opened in the same period. We also learn that health education activities were continued during the year through the distribution of health education materials, exhibitions and loaning of educative films. The Government of India had sanctioned the training during 1956-57 of 30 public health engineers in a ten-months' course at the All-India Institute of Hygiene and Public Health, Calcutta, and of 100 public health engineers and 200 engineering subordinates in short three-months' courses at this Institute and at the Engineering Colleges at Roorkee and Guindy.

The control of malaria will be continued during this period for which 27 crores of rupees have been set apart. The filaria control programme will also continue for which a provision of Rs. 9 crores has been made. A sum of Rs. 497 lakhs has been allotted for the family-planning scheme. The opening of 500 urban and 2,000 rural family-planning clinics in association with primary health units is envisaged.

During the year the B.C.G. vaccination programme was continued in all States except the Andamans and Nicober Islands. About 82,151,105 persons were tuberculin-tested and 28,527,398 were B.C.G. vaccinated up to November 30, 1956. The establishment of 637 beds in various States for the segregation of TB. patients living in crowded homes has been approved during the current year. The total number of such beds proposed for the Second Plan period is 4,000. It is also proposed to establish 200 new T.B. clinics and to upgrade abont 100 existing T.B. clinics so that each district should have at least one clinic of the right standard.

The Government scheme of leprosy control is being continued and provision of Rs. 409·45 lakhs has been made for that purpose in various State plans. It is proposed to establish about 100 additional subsidiary centres in the States during the Second Plan period compared to four treatment centres and 30 subsidiary centres set up during the First Plan period. The planners have no doubt meant well though the implementation has unavoidably been below expectations.

As a recent U.N. report states "there is possibly no other country except India engaged in community development where as much knowledge and experience has been built and accumulated regarding the problems to be encountered and tackled at the more advanced stages of the rapidly advancing national programme." We may be confident, however, that the year 1961 will see a much more prosperous and healthy rural India than 1956.

FOOD in RELATION to HEALTH

(World Health Day: 7-4-1957)

It is a known fact that without enough of the right kinds of food, nobody can be healthy. This simple truth holds the explantion of much of the misery from which mankind suffers. A vicious circle has been set up—poor health impairs productive capacity, low production of foodstuffs brings on under-nutrition, more sickness, and a lowered vitality and general weakness.

Health does not mean merely the absence of disease and infirmity, and adequate food does not mean just sufficient to maintain life. Lack of essential food makes itself felt at the very least by general debility, a slackening of initiative, and reduced resistance to disease.

The rapidly-developing science of nutrition has now established just how much of the different kinds of food is necessary for health. We also know now in what particular ways the food eaten every day in many parts of the world falls short of man's requirements; but we have many problems to solve before it can be claimed that the world's food is really serving the world's health needs.

Intensive and sustained efforts both in production and distribution are required to provide food for under-nourished peoples in adequate quantity. These are problems with far-reaching economic implications.

Even where staple foods are available in fair quantities malnutrition very often still exists because they lack certain essentials (proteins, vitamins, etc.) in the right quantities. This lack of the right foods is an even more difficult problem than shortage of staple foods, for it involves not only assuring necessary supplies, but also getting the community to understand and accept the advantages of using them.

In the case of certain of the deficiency diseases such as beriberi, rickets or kwashiorkor, it is fairly easy to demonstrate the advantages of a properly balanced diet. However, many of the beneficial effects are not readily evident, but make themselves felt as a gradual improvement in health and well-being, especially among the children. It is often very difficult to wean people from food habits and beliefs that have been part of their cultural or religious heritage and make them eat the right kinds of food.

Some countries suffer from the evils that arise from shortage and poverty, while in others there are the problems of plenty. Surplus production in some part of the world cannot, for economic reasons, always be used to compensate for shortages in other places. Where food is abundant, moreover, there are very real dangers to health from overeating particularly of certain fatty foods which are now believed to predispose to diseases of the heart and the blood vessels.

As countries become more highly organized, economically and socially, the use of preserved foods and large-scale food processing tend to become more common ; the risks of food-borne infections and food-poisoning, naturally are on the increase.

It is abundantly clear that the relationship between food and health has become a very close and intricate one particucularly in the wake of modern civilization and its emotional stresses and strains ; we can no no longer be guided simply by the customs and beliefs of earlier generations who led simple lives, under natural environments and maintained good health largely as a result of living in the open air and eating foods, which were not overprocessed and so retained their food values in tact. *There is no area of the world, no country and no culture which today can afford to neglect the available scientific facts on nutrition, food values, and the techniques of producing and processing food.*

It is hoped that World Health Day, 1957, will have served as an occasion for people and governments everywhere to think seriously about this situation.

The protection of health by ensuring enough of the right kinds of food both for present and future generations calls for prompt and concerted action on many fronts—economic, agricultural, health and administrative. Nor is it a matter for governments alone. *Every individual, every family and every community should try to understand how food can affect health and to adapt their own food habits to serve the best interests of their own health and well-being.*

(From a statement by Marcolino G. Candau, M.D., Director-General, WHO).

How's Your Blood-Pressure?

A Useful Tip to B.P. Patients

Some doctors believe that patients suffering from hypertension should not be told how their blood-pressure reading stands. Others are of the opinion that secrecy in the matter tends to increase anxiety in the sufferer, and to send his pressure soaring.......

A "read-it-yourself" blood-pressure cuff has been recently devised in America, it is reported from the University of Michigan Hospital. This enables the hypertension sufferer to keep careful track of his own pressure, without calling in the doctor.

Once the patient has been taught how to take his own readings, he is told how to adjust the dosage of drugs prescribed by the doctor, so as to keep his blood-pressure under control. Patients equipped with the "cuff" have, it is stated, shown great interest in taking care of themselves, and helped in bettering their own condition.

Lord Webb-Johnson, the London surgeon, recently gave these definitions:—A *neurotic* is a man who builds a castle in the air ; a *psychotic* is the man who lives in it ; a *psychiatrist* is the man who collects the rent.—(J. W. Goodwin, London).

(An antidote for one of the chief troubles of our time)

THE BEST THINGS CANNOT BE HURRIED

Prof. HAROLD KOHN

THE American preacher Phillips Brooks was well known for his poise and imperturbability. But his intimate friends knew that he sometimes suffered moments of frustration and irritability. Finding him peevishly pacing the floor one day, a visitor asked, "What is the trouble, Dr. Brooks?"

"The trouble is," Brooks answered, "that I'm in a hurry —but God isn't."

I sometimes wonder if that is not one of the chief troubles of our time: we are in a hurry when God is not. And since the cogs of our lives are engaged with the cogs of God's workings, and the gear teeth of God's plans are stronger than our own, when we speed up and God keeps His own slow pace we strip our gears. We wear out. We fall apart.

We try to speed up the maturing of our children. When a son behaves childishly at the age of five, we say, "Why don't you behave like a big boy?" Any sensible person knows the answer to that: he is *not* a big boy. We want our five-year-olds to conduct themselves like adults, not because it is good for them but because it is convenient for us; not because it is right but because we are impatient.

We rob our children when we hurry them through their childhood. We cheat ourselves, too, for we miss our chance to allow some of their freshness, their curiosity and wonder, their unrestrained joy, to rub off on us.

Our impatience prevents the cultivation of great minds and big souls. Assimilation of the good is a slow process. When James Garfield was President of Hiram College in Ohio, a father asked him if the course of study couldn't be simplified to make it possible for his son to "go through by a shorter route."

"Certainly," Garfield replied. "But it all depends upon what you want to make of your boy. When God wants to make an oak tree, He takes a hundred years. When He wants to make a marrow, He requires only two months."

Possibly we read too much and think too little. We want to cram our minds with information and we become like rubbish-littered attics—much disappears in the clutter. We might better be like a good art gallery which clears away the clutter of mediocrity and saves only the very best, so that it can be contemplated at length and properly appreciated. Selection and study of the best demands discretion and, even more important, patience—an unhurried attitude of mind.

Nature furnishes abundant hints that our mad pace is unnatural. When one leaves the world of crowded places and

schedules and walks among the slow-growing trees and the silent hills that seem always to stand at ease, one absorbs a little of nature's tranquility and calmness. The sun will take its good time in rising and setting. You cannot hurry it. The ice on the lake will melt when the air temperature is right. Migrating birds will arrive and depart only when they are ready and not to your order or wish.

Even inventions, over which man apparently exercises total control, seem to come in their own good time—when the time is ripe and the culture is ready for them. Leonardo Da Vinci sketched plans for flying machines but could go no further, lacking the necessary motor power. The invention of the aeroplane had to wait until the slow, sure progress of civilization provided an engine capable of sustaining flight.

There is real peril, though, in the misapplication of patience: we may become inactive waiters on events, rather than eventful people who help to bring the best to pass. Patience is not passiveness, waiting for everything to be done for us. It is rather the principle of beginning early and taking one's time—or God's time—in getting things done. It might best be illustrated by the young girl who said to her mother just after a white-haired visitor had left their home, "If I could be such a nice old lady as she is—so lovely and so sweet—I wouldn't mind growing old."

"Well," her mother answered, "If you want to be that kind of old lady, you'd better begin right now. She didn't become a lady in a hurry." The best things cannot be hurried.—(Condensed from the *Charlevoix Courier*, via *Reader's Digest*, January 1957).

THINKING

Oriental thinkers as well as Western philosophers are aware of the fact that the means offered by the mind and the powers of reason are not adequate to the problem of grasping and expressing truth. Thinking is limited by language. Thinking is a kind of soundless interior talk. What cannot be formulated in the current words or symbols of the given tradition does not exist in current thinking. And it requires, therefore, a specific creative effort on the part of a bold, fervent mind to break through to what is not being said—to view it at all; and then another effort to bring it back into the field of language by coining a term. Unknown, unnamed, nonexisting as it were, and yet existing verily, the truth must be won to, found, and carried back through the brain into speech—where, inevitably, it will again be immediately mislaid. The possibilities for thought, practical or otherwise, at any period, are thus rigidly limited by the range and wealth of the available linguistic coinage.—(*The Steely Barb*: Zimmer).

Nature's Antiseptic

Garlic is an excellent antiseptic for the body, keeping the internal organs healthy and the blood stream pure. It is also a natural specific for high blood-pressures. Use often in traces—in soups, savouries, salads etc., a whiff a day suffices.—(*Good Health*, London, Feb. 1957).

What—the human race isn't going to change in the next 100,000 years?

WHERE DO WE GO FROM HERE?

(Pertinent and Topical)

COREY FORD

THE Human Race has gone about as far as it can go, I see by the paper. According to a news report, scientists who gathered at the Wenner-Gren Foundation International Symposium on Anthropology, decided that after several hundred thousand years of progress the physical evolution of man from the tree-living primates has slowed to a standstill. Or, perhaps we'll lose a few spare parts like the vermiform appendix and possibly the small toe; but, on the whole, human beings will look approximately the same 100,000 years hence.

Frankly, this news is pretty discouraging. It doesn't seem to me that the human body has stopped at a very good place. I was looking at myself in the mirror this morning, for instance, and I could still see some room for improvement. (Nothing very important, of course, except that it might help to shed those marsupial pouches under my eyes, and I could probably stand evolving a couple of inches off my waist). I'd been sort of hoping that the evolution of the species would keep on at least until man had acquired a pair of elementary wings, for crossing streets in heavy traffic, and possibly some sort of prehensile appendage so that he could remove his hat in a lift while holding a brief-case and umbrella in one hand and a bundle of groceries in the other!

However, the scientists at the Symposium did hold out one ray of hope. The human brain will continue to develop new tools, they say, and these may be expected to alter our future biological pattern somewhat. Science explains it in this way:— in dim pre-history, when the man-ape or ape-man (depending on whether you happen to be addressing a man or an ape) began to walk upright, his vertical position freed his hands to create things. So what was the first thing he created after he had learnt to walk? Why, something to ride in, so that he wouldn't have to walk any more

Undoubtedly the earliest form of locomotion was the rocking chair, but that didn't get anywhere. The discovery of the wheel brought about the invention of the roller skate, which was followed in turn by the velocipede, which was followed by the motor scooter, which was followed by the first motor car, which was followed by a long line of later models all honking their horns and trying to get past it. Just now I understand that man is trying to invent the rocking chair again.

Whatever the pessimistic scientists say, this observer foresees that, as man's inventions grow more and more complicated, he will adapt himself by

evolving new physical characteristics.

Futuristic homes will have their effect. People will be born with arched backs, to accommodate themselves to those reclining chairs shaped like oyster shells. Noses will definitely be flatter, as a result of walking into invisible glass partitions!

Motor cars? As the popular designs become lower and more streamlined, the man of tomorrow will adapt himself until he's only three or four feet tall, his skull covered with a substantial layer of padded material for protection when he climbs in and out. Drivers of small racing cars may even be born with their knees up round their ears. And drivers of automatic transmissions—well, since the left foot has nothing to do, it will gradually disappear.

Where do we go from here? As our technological progress continues, man will have fewer and fewer functions to perform, and he will end up by staying at home and looking after the children while his wife plays bridge at the club till after midnight! Eventually the female of the species will take over his duties entirely, and he will become extinct.

In view of this prospect, perhaps the scientists know what they're talking about after all. It seems best for the human race to stop evolving while it still has a chance.—(*Reader's Digest*, January 1957).

EAT YOUR TROUBLES AWAY

So you want to be a real woman?

A real woman must look like a woman. Petal-soft skin, luminous eyes, shiny soft hair, and a curvaceous body are external signs of your good health.

Basically, these assets are dependent upon the action of your glands, which control growth, stamina, energy, expression, femininity, and longevity. Activation of your glands, in turn, is dependent upon what you eat.

Oestrogen, in particular, is the hormone secreted by the ovaries (female sex glands) that makes the body a female. Insufficient œstrogenic secretions during puberty will retard breast development, cause a lanky body and results in scanty menses.

Few women realize that they can invite "spot-fat" illness to mar their figures by starving their glands.

The woman with heavy hips and upper thighs is the hypogonadal woman—paying for her deficiency of ovarian hormones. Hypothyroid sufferers develop fat pads at the nape of the neck. Starvation of the gland results in glandular disturbances.

The woman who neglects the health of her sex glands is the woman who may find herself with an entirely different figure

at forty than the one she had at twenty.

Miss C. was a woman of thirty who had maltreated her body in every way. One had spent her adult life travelling for a cosmetics concern, a position in which attractiveness was an asset. But she had had enough faith in her product to believe that all of the beauty she would ever need would come from her jars.

For years she punished her body with inadequate nutrition. Her quick pick-up meals brought constipation in their wake—another beauty robber! She whiled away the hours she should have devoted to sleep in the night clubs of the cities, she visited.

Then, all at once, she seemed to lose her youth! Her hair turned grey! Wrinkles appeared that the creams and packs were unable to erase. Friends advised her that she must be going through her menopause, "change of life."

Miss C. was alarmed. Little did she realize that she was one of the 40 per cent of American women who have become the victims of diseased, abnormal, hormone-starved female organs.

A woman is ruled by her hormones. When she starves the glands that produce them, the glands will starve the body of the hormones necessary to retain her youth and beauty.

Your revitalizing can begin with high-protein, vitamin, and mineral diets that includes all the foods with the exception of bread and butter, cake, candy (sweets), cereals, chocolate, biscuits, cream, custard, gravy, ice cream, jellies, jams, nuts, processed oils for cooking, rice, pastries, potatoes, pudding and sugar.

Cut out these twenty fatteners, and you can lose as much as twenty pounds of fat in thirty days without exposing yourself to wrinkles.

Although Greta Garbo retired from the screen almost as long ago as talking pictures are old, her famous beauty is still easily recognizable. What is the secret of her seemingly permanent youth? Greta is not secretive about this. She says she has dined almost exclusively on health and dietetic foods and drinks.

It is an old adage that whenever a woman gets depressed, she feels a compulsion to go out and buy a new hat.

The sensible thing to do during the menopause is to busy yourself making a new "you."—(Condensed from the book by Herbert Jenkins, London).

"Industry Needs Physicians......"

Industry needs physicians with the right training and orientation in order to maintain and increase the individual effectiveness of its people. We cannot expect to make perfect physical specimens out of the entire working population. "Individual effectiveness" is the ability of worker to perform his chosen work well and to live well in the environment in and outside of the plant; it is the summation of all the factors that affect a person's productive capacities. This can be significantly affected by an industrial medical programme, but only if it is staffed by medical personnel trained and oriented in preventive and constructive medicine.—(*J. Med. Education*).

FAMILY PLANNING IS ENJOINED
BY OUR ANCIENT INDIAN SCRIPTURES

THE comprehension of life-patterns that unfold with varying degrees of intensity from the primal, one and only innermost self and care of all existences, the 'Holy Power cannot be achieved by logic ; for logic rejects as absurd, and therefore impossible whatever goes against the rules of reason. For example, 1 *plus* 1 is logically 2, never 3 or 5, and can never shrink to 1. Yet things are not that way in the field of the vital processes of nature where the most alogical developments take place every day, on every side, as a matter of course. The rules of life are not those of logic but of dialectics ; the reasonings of nature, unlike those of the mind, but rather *like those of our illogical belly, our procreative faculty* the vegetable-animal aspect of our microcosm (small world). In this sphere, the sphere of biological dialectics, the illogical sphere of nature and life's forces, 1 *plus* 1 is usually far from remaining merely 2 for very long.

Suppose for example, that the one 1 is a male and the other 1 is a female. When they first meet, they are but the 1-*plus*-1 that is 2 ; when they fall in love with each other, however, and throw their lots together, then they became the 1-*plus*-1 that is 1, "for better or for worse". The holy sacrament—atleast in its more solemn ancient, and magical form, as preserved in the Roman Catholic ritual, [*as well as in the Hindu mariage rituals according to vedic rites.* ED. HEALTH] insists emphatically on the idea that now the two are "made one flesh" (*una caro facta est*). This very union, [which is called *Dhampathya Aikiyam* தாம்பத்திய ஐக்கியம் in Hindu Society] in fact is what takes way the flaw, the suspicion or tinge of sin, which attaches to every kind of carnal interrelationships, according to the ascetic Christian and Hindu belief. The fact that the two have been transformed into one through the performance of the sacrament (solemn sacred pledge) makes the married couple exempt from *concupiscenta*, sinfulness ;

[Hindu scriptures also enjoin *Ekapathnivrdham,* singular and wholehearted loyalty and devotion to the one and only married woman partner].

and hallows their sexual union. Thus through a magical transmutation, 1 *plus* 1 emphatically coalesces into 1, the sacramental formula only stating what is actually the basic experience of all true lovers when they have found each other and become joined with an attachment that projects happily the single prospect of their two lives' duration.

The alchemy of nature, melting the two hearts in a mutual fire reduces the 1-*plus*-1 to the 1-made-out-of-2. But nature's alchemy does not stop there. Instead of the normal multiplication table, which we learn in school and use in business and practical-minded calculations, nature follows a witches' or wizards' multiplication table—a *Hexeneinmaleins*, as Goethe calls it in his *Faust*. After a brief delay, when 1 *plus* 1 has become 1,

the married couple normally evolves into a triad; the first child is born. And if this evolution is not checked by *prudent planning*, an uncontrolled series may evolve. The 1 that has been made of 1 *plus* 1 may grow into 4, 5 or 6 or more, in a virtually indefinite series; the odd fact being, furthermore that each additional unit contains potentially, and hands down into the future, the plenitude of the biological inheritance of the first fertile unit, for it shows forth features that were latent in both terms of that original 1 made of 1 *plus* 1.—(*Rig-Veda, Heinrich Zimmer in Philosophies of India*).

ROSE MILLAURO

MAKER OF ARTIFICIAL EYES

HAVE you heard of Miss Rose Millauro of Bloomsbury, London, who makes artificial eyes for people possessed of only one natural eye through accident or other causes?

Doctors and surgeons, who recognize the value of her work, send patients to her; and for medical hypnosis, the special "*Millauro eye*" is often used for inducing sleep.

Miss Millauro, pleasant-looking and of Italian descent, was born in London, her late father being a doctor. Of medium height with dark hair and eyes to match, she radiates friendliness in her manner.

Her patients are all over the world. Many of them in various parts of this country and from abroad come specially to London to see her, but those who cannot do so, send full particulars of the real eye to be matched in shape, size, colouring, and any visible peculiarity. Accompanying these details is usually a coloured photograph giving a close-up of the eye, or a painting of it done by a local artist.

"Most people probably don't know," said Miss Millauro in her crisp speech, "that there is a surprisingly wide range of shades in the colouring of the human eye. A pair of, say, brown or blue, whether light or dark, is not exactly like another pair of seemingly the same shade. And one hardly ever sees two persons with eyes of similar size and shape. There are also variations in the tiny markings on the iris."

The replica eye which Miss Millauro makes as companion to a real one moves naturally with it, in wearing, assisted by the tiny muscles in the socket. Asked how she began, she replied, "Well, there was no school in this country for artificial eye-making; so I studied in Venice, Paris, and in Germany. Only glass eyes were then in use, and it was not till the latter part of the last War that plastic improved in quality for the same purpose. I make both kinds.

Let me show you how I do it with glass."

She sat down at a small squarish table on which lay several semitransparent glass tubes, mineral-coloured glass sticks and a blow-lamp fixed to the table and operated by a foot-pedal.

Pressing it to eject a tongue of flame, she held over it a glass tube, thus softening and closing one end and then by blowing through the other producing a bulb which was snapped off. Painting the eye-ball with appropriate glass sticks, heated and softened to pencil point, helped to build up different parts of the eye.

A plastic one, she explained, is made with a little powder of that substance mixed with a special liquid, and the paste then compressed into a mould and left to dry. The colouring is inset.

Miss Millauro has now and again been asked by a heavy smoker, whose one real eye had acquired a yellowish tinge, to colour his artificial eye slightly so that no difference may be noticeable. But stranger requests have come from abroad.

A Chinese wrote asking for a bright blue eye, instead of dark brown like his only real one, as he wanted to amuse his 4-year-old son.

An African in a letter explained that he was in charge of other natives working in a forest. But as they were inclined to idle, he wanted to make them believe they would be watched when he was away. Would Miss Millauro, therefore, make an eye to match both his real ones? He enclosed particulars, and she complied with the request! Back came another letter from her African correspondent to say that he had fixed the eye to a tree, and his superstitious "boys" were now working well.

On another occasion, a retired British major in India wrote that his horse had lost an eye in an accident, and he would like the animal to look "natural." He gave the measurements and colouring, and the horse got the eye.

Making artificial eyes is not Miss Millauro's only accomplishment. She is a talented painter of landscapes in water-colours by way of a hobby when time permits.—(Edmund Grimley in *World Digest*, Nov. 1956).

A New Camera which Traps Road Hogs

A camera claimed to trap traffic offenders has been invented in France.

The camera has been described as a "magic eye" robot camera, which will automatically take pictures of road hogs, speeding cars, and cars that disobey traffic lights. The registration number of the careless motorist's car can be learned from the printed film.

The inventor, 31-year-old Mnosieur Andre Manuel, says that his camera can be set up on busy street corners and crossroads and can operate through the night.—(*World Digest*, September 1956).

WOMEN ARE TOUGHER THAN MEN

A FAMILY DOCTOR

LOOKING through what are called "vital statistics" I admit to some surprise in the discovery therein, of how much tougher women are than men.

I have often averred that they *are* tougher, but it is the degree which is so surprising. So I did some research into the subject, to find that at every age after puberty to the middle seventies, women's chances of survival are almost exactly twice those of us poor men.

The most curious fact is that this is quite a modern development. A statistical report published 18 months ago shows that the death rate of men as compared to women, both in the middle span of life, has risen by 68 per cent in the last 30 years.

The dear old concept of "the weaker sex" is obviously becoming more and more of an anachronism!

Let us see if we can find any reason for this.

It is in the field of diseases, precipitated by emotional stresses, and they are many, that the death-rate for women has rapidly declined and has equally rapidly increased in men. This is not I think, because women are less emotional but because they have a better organized system of outlet. They can, as it were, wash away their stresses in floods of tears.

In every way their stresses are more volatile. At one moment they can be "down in the depths" and next laughing their heads off. Men, on the other hand, tend to bottle up their stresses and give themselves ulcers and coronary diseases, among other ills.

The ruthless strain of modern life affects men adversely far more than it does women, who appear to have the faculty of evading or rising above it, while men are so much more liable to be bowled over by it.

The real importance of this lies in the fact that if this disparity in the death rate continues its alarming increase—and I can see no reason why it will not—men will become rare birds, which would be a poor look-out for the girls of the future!

One could be very witty about this, but the laughter would be rather cheap. It would, *and will*, unless we do something about it, be a very serious disaster indeed.

To survive, taking the long view, we men must do two things. We must take every means to slow up the speed of our lives—and I do not mean by resorting to strikes or by a lessening of our hours of work—and we must learn to speed up our emotional-release mechanism.

The miser who hoards his gold is never a happy man, but those who hoard their emotions are literally shortening their lives. "Spit it out and get it over" should be our motto; or to put it in more sedate terms, "let not the sun go down on your wrath."

Though Robert Louis Stevenson wrote "the only men worthwhile are they who can cry," I do not suggest that we should dissolve into tears at the slightest provocation, but our ingenuity can devise ample pleasant means of dispersing our stresses.

And please do not think lightly of these facts and this advice. *Modernity is proving dramatically enough that it is a matter of life and death.*—(From *The Evening News*, London, via *World Digest*, December 1956).

USEFUL FACTS TO KNOW ABOUT NYLON

(One of the wonder-products of the modern age)

NYLON is the first of an entirely new class of fibres to be made wholly from mineral sources, as compared with other man-made fibres such as viscose rayon and acetate ("artificial silk") which are made from regenerated cellulose, essentially a natural vegetable product.

In Britain, Nylon was first produced in 1941. During the War it was devoted entirely to Service uses, but extensive development since has made Britain the second largest producer of nylon in the world.

The raw material used in the manufacture of nylon consists of an organic acid, *adipic acid*, and an organic base, *hexamethylene diamine.* These are small molecules and are both obtained from *benzene,* a by-product from the coking of bituminous coal. To produce these substances from benzene it is necessary to use nitrogen, obtained from the air, and hydrogen and oxygen, from water.

Since all these raw materials are indigenous to Britain, Nylon is independent of the fluctuations of foreign raw material markets, an important point in maintaining price stability.

Nylon is already used for over two hundred different purposes, domestic and industrial.

Its great tensile strength combined with light weight makes it possible to knit stockings in as fine a yarn as 9 denier, more than five times finer than a human hair. Nylon fabrics are extremely difficult to tear, and wear much longer than fabrics of similar texture made from other yarns.

All Nylon cloths, woven or knitted, are set to shape by a heat process during manufacture and do not shrink or stretch, so they keep their shape however often they are washed. Similarly, Nylon fabrics can be permanently pleated.

Easy washing and quick drying are among Nylon's most popular properties. Dirt is quickly removed, since soiling remains on the surface of the smooth yarn, but in smoky towns it is essential that white Nylon garments should be washed frequently, as atmospheric dirt tends to penetrate the fibres and give a greyish look.

This problem has not yet been finally solved, but discoloration

can be kept at bay for a considerable time by frequent washing in very hot water, preferably, especially in hard water areas, with a detergent that contains a safe amount of bleach. Ordinary domestic bleaches should not be used on Nylon as they tend to weaken the fabric. White garments should, of course, always be washed separately from coloured things.

Nylon is more absorbent than other synthetic fibres, but less absorbent than natural fibres. This means that Nylon things dry quickly.

Knitted Nylon fabrics, and woven ones with a seersucker finish, normally need no ironing at all. Plain woven fabrics need very little ironing if they are allowed to drip dry, but they may look better for an occasional press with a *cool* iron.

Mixture fabrics, using Nylon combined with wool, cotton, silk, or rayon, present something of a washing problem as the garments rarely carry any indication of the percentage of each fibre used.

It is safest to use a cool iron with the cotton, silk, and rayon mixtures, as otherwise the Nylon fibres might be damaged. In mixtures with wool, unless it is known that there is over 50 per cent of Nylon in the blend, it is advisable to wash as wool to guard against shrinkage.—(Condensed by Mrs. Chandrika Krishnan from *Health Horizon*, London).

The Common Cold—The Worst of All Pests

JOHN HALL

TEN years ago the British Medical Research Council began a full-scale investigation into the *Common cold*. A special establishment, on the downs outside Salisbury, Wiltshire, was set aside for this purpose, and teams of scientists, doctors, and nurses went to work.

In ten years a huge sum of public money has been spent and 4,000 people have travelled cheerfully and voluntarily to Salisbury to act as "guinea-pigs".

What has been achieved in these ten years ? Are the investigators getting anywhere ? Are we any nearer finding the answer to this distressing disease that costs this country (England) alone some 50,000,000 working days every year, and heaps small concentrated doses of misery on man kind ?

Recently I put these questions to the man who directs at Salisbury the work of the Common Cold Research Unit—Dr. C. H. Andrewes. He was very courteous and kindly answered my questions :—"In ten years' research we have learned a great deal about the common cold virus, but we have still *not found a cure* or, more important, a *preventive.*"

Things that have been discovered are :—(*i*) There are at least two distinct strains of cold virus prevalent in this country

and it is suspected there are many more strains. (*ii*) The strain most common here develops in from 24 to 48 hours after infection (not in three days, as popularly supposed), but there is a strain, much less common, which takes 3 to 4 days to "come out". (*iii*) The virus can survive the most severe climatic conditions, tropical heat, arctic cold; about the only condition it cannot survive is dryness. It has been found that if a handkerchief used by a sufferer is thoroughly air-dried the virus does not survive. It flourishes in moist conditions. (*iv*) A cold sufferer is most likely to pass on infection to other people in the first few hours, after catching the cold, *often before the victim* realizes he or she has one. After the first few hours, the likelihood of passing it on begins to diminish and goes on diminishing; the belief that a cold is infectious in its final stage is *wrong.* (*v*) The cold virus is largely airborne, and it has been found that if a victim sneezes in a bus, say, or in a train or cinema, people breathing that atmosphere are liable to catch the cold *even several minutes after the sneeze.* (*vi*) Weather conditions in themselves appear to have little effect but the weather does play a part in that people tend to congregate in confined spaces more in winter-time. (*vii*) The belief that having had a cold, a person acquires some lasting immunity is quite wrong. The victim *does* acquire a certain amount of immunity, but it does *not last long* and is *not protection against a severe new infection.* (*viii*) Tests have shown that a person can catch the same strain of cold again and again. (*ix*) A "bad" or "good" summer makes no difference (nor does getting your feet wet). (*x*) But the fact that on holiday you try to "get away from it all," from large masses of people, that is, by going to the seaside, the mountains, or a skiing holiday, tends to make you more liable to catch cold when you return to the conditions of crowd in town or city. The reason for this is that normally most people pick up slight cold infections fairly regularly, cope with them without distress, and develop slight protection, but if they get away from these regular small dosages for a period they lose that protection. (*xi*) There is evidence that as people grow older they become more resistant to the cold virus, and as a rule people over 45 years of age are less liable to catch severe colds than people under 45. (*xii*) The so-called cold cures sold in the shops may have a psychological effect and may be of use in combating some of the secondary infections which plague cold sufferers, *but they do not cure the common cold.* What happens frequently is that people get a mild infection, take a "cure," and the cold does not "come out," but the infection was so mild that with normal care it would not have "come out," anyway.

That is one side of the ledger. Where, then, do we stand after ten years' intensive and expensive research? Dr. Andrewes gives straightforward answers;

"Negative as some of the answers may appear to be, they do add to our knowledge of the common cold. The key to the whole thing is this—we are still searching for a method of cultivating the virus under laboratory conditions. Once we can do that, we can study the virus, determine its characteristics, find out just what it does to cell tissue, and begin the search for an antidote. A major difficulty is that the virus lives only in human beings and in one other animals, the chimpanzee. But for one thing, chimpanzees at £ 200 each are too expensive for research and we may not be able to get the required number of animals. The only success in cultivating the cold virus has been in human embryo tissue. We did that at the Salisbury Unit three years ago. When it happened, we thought that at last we are on the way. Alas! something went wrong and the virus died. But that temporary success showed us we were on the right line, and that is the line we are pursuing. The key to your snuffles and sneezes lies in those dedicated scientists being able to recreate the conditions which gave them temporary success in 1953. It is a research Marathon, plodding, and more plodding, checking, rechecking, counter-checking.

As Dr. Andrewes reiterates. "Once we can breed the thing in the laboratory, the battle will be more than half won. We are on the edge of success, but we are not quite there. But we in Great Britain are on the right lines, and scientists in the United States are working on lines parallel to us.

I put an academic question to Dr. Andrewes: "Why does mankind have to suffer this pest? Since it does not kill and does not therefore, play any part in keeping the population down, since it is no more than a value-payable nuisance, what is its place in the scheme of things?" Dr. Andrewes. chuckled. "Try to look at it from the viewpoint of the virus itself. Its job, like all other organisms, is to survive and reproduce itself, and looking back through history it has managed to do that very effectively, far more effectively than, say, smallpox or cholera, which for years now have been losing their battle for survival."

Far too effectively for most of us.—(Condensed from the *Daily Mail*, London).

Dentists' Dream Drill

A new high-speed dentists' drill claimed to be virtually painless has been announced in the U.S.A.

Addressing a meeting of the American dental association, Dr. McEwen said that with these super-speed instruments, painful inflammation of the tooth nerve is almost entirely absent.

The new drill, which rotates at a speed of 150,000 revolutions per minute —2,500 revolutions a second!—is designed to eliminate the vibration of the customary drill which operates at about 6,000 revolutions per minute.—(*World Digest*, January 1957).

CARE OF THE TEETH

(MAKING PEOPLE TEETH-MINDED)

N. S. BALACHANDRAN,

Dentist, Govt. Headquarters Hospital, Kozhikode

THE prevailing high incidence of dental diseases at the present day would appear to call for a wide and intensive dental health propaganda among the general public in order to make them teeth-minded and to dispel the ignorance on dental matters that still prevails. Dentistry should really aim at preventing dental diseases. Obviously the first step in this direction would be to make people wise about the importance of dental hygiene through education and propaganda. Huge sums of money are spent on constructions and extensions of hospitals and sanatoria in order to effect cures, while the prevention and maintenance aspects of health are neglected and often badly starved.

It must be impressed upon the people that dental disease is preventable and that healthy natural teeth constitute a giant bulwark against disease; maintaining a healthy dentition really rests with the people themselves. Mouth infections are a menace to health and neglect of diseases in their early stages leads to other and more serious bodily ailments in later life. People must be taught to follow the correct mode of living, with a proper idea of natural food values and the need for a balanced diet. Proper instructions on dietetics, on the care of teeth and on the prevention of dental diseases must be given to expectant and nursing mothers through Maternity and Child Welfare Centres. Parents must be made to evince greater interest in the teeth of their children; and the children themselves should be taught to take proper care of their teeth and keep their mouths always in a healthy state.

To achieve this end, a dental hygiene movement should be initiated with suitably trained health propagandists in order to spread the gospel of health and afford dental prophylactic service to aid in the prevention of dental diseases. Mobile dental clinics may be made to tour industrial and rural areas for propaganda work on mouth hygiene with provision for treatment of dental conditions. Lectures on the care of the teeth and oral structures, suitably illustrated by lantern slides or cinema films will undoubtedly attract public interest; dental health weeks, newspaper and magazine articles on dental subjects in simple language, radio talks and pamphlets on the care of the teeth and teaching of mouth hygiene in schools are other useful methods to adopt for this purpose. Popular lectures, pamphlets, cinema shows and radio talks should be arranged for the benefit of the adult population.

Children from their very young ages should be taught all the rules relating to the care and preservation of the teeth; the kindergarten and nursery schools are the best and most important places where dental education and dental care should begin to be taught. Dental clinics should be instituted in schools to treat ailments and correct defects in the teeth of children. Considerable interest in the care of their teeth can eb roused in children, by awarding marks and prizes for the best sets of teeth and for the classes having the largest number of children with clean mouths, pearly white teeth and healthy gums.

By means of a concerted programme embodying a combination of all or such of the above methods as suit *local conditions*, people can be made teeth-conscious in a comparatively short time and a definite improvement achieved in the dental health of the people.

THE MURDERER AT YOUR TABLE

Professor Lidia La Face, Rome

Of all the insects which live with Man, the house-fly (*Musca domestica*) certainly occupies first place. It has been rightly called "the inseparable companion of the human species."

In and around our homes, especially where the ordinary rules of hygiene and cleanliness are neglected, the fly finds ideal conditions for its existence—abundant material for food and for breeding and protection from the natural causes of destruction.

This applies to all phases of its development; to the egg, the larva, the pupa, the adult insect or winged imago.

The fly eats an enormous variety of substances which Man leaves about, in particular unprotected foodstuffs such as sweet substances and milk, exudations from wounds, vegetable and animal matter in decomposition, human and animal excrement.

The choice of material suitable for the deposit of eggs or for normal development of the larvæ is not as simple as the search for food, since it is influenced by a number of factors such as temperature, humidity, and chemical action of certain substances on the insect.

There is, however, no doubt that Man, by neglecting the rules of hygiene and cleanliness, encourages enormously the development of the already extraordinarily prolific house-fly.

There are two essential ways in which the fly carries disease germs: (1) by transmitting to Man, when it alights on him or on his food, the infected material which adheres to the hairs and bristles of its body and in particular to the efficient adhesive organs on the underside of its feet; (2) by consuming material polluted with various micro-organisms and then depositing

these, still living, either directly on Man or on his food, through its excrement or the so-called vomit—a partial regurgitation of the content of the gizzard which is a reservoir of food but also of germs if the insect has consumed infected material.

As far as diseases caused by bacteria are concerned, there is no doubt of the importance of flies in the spread of some of these disorders such as bacillary dysentery, summer diarrhœa, cholera, and typhoid fever, since the micro-organisms which cause these complaints are eliminated in the 'fæces.' These attract flies, which are easily infected by the germs which they can then deposit on our food.

The part played by flies in the spread of *bacillary dysentery* has been proved a number of times by observation of the fact that the peak of the disease coincides with the months in which there is the greatest development of flies.

With regard to *summer* or *infant diarrhœa,* it is known that this is generally a disease of poorer people living in crowded and unhygienic conditions, that it attacks in particular children under two years of age, and that it is favoured by summer heat and the consumption of infected foodstuffs—contaminated milk in particular.

It has been demonstrated that summer heat and neglect of hygiene have an indirect influence on the disease because these factors cause the multiplication of flies.

Flies have a particular liking for milk, and milk is the best possible medium for the multiplication of the bacteria which cause the disease.

Therefore, most of the fatal cases are found among children who have been given fly-contaminated milk, whereas breast-fed children are less susceptible. The house-fly undoubtedly plays an important part in the spread of *cholera.* It has for a long time been generally agreed that flies can be an important element in the spread of *typhoid fever.*

It is true that many epidemics of typhoid can be attributed to other causes than flies, but flies can become infected by contact with contaminated material, and the germs can remain alive and active on the surface of the fly's body and in its intestine for several days.

Among the many things on which the house-fly feeds is the sputum of people suffering from *tuberculosis.*

Since the tubercle bacillus can maintain its infection in the intestine of the fly, flies can spread the disease—the more so since those which have fed on such infected material appear to be attacked by a special kind of diarrhœa which enables them to disseminate the germs with greater speed.

It is probable that the common house-fly may contribute in some way to the spread of epidemics of *poliomyelitis,* although poliomyelitis cases do not always occur in places where conditions favour the presence of large quantities of flies.

Wherever the number of flies is cut down there is a lowering of the rates of general and infant mortality from communicable diseases. This important fact alone is sufficient to demonstrate the necessity for continuing the campaign against the house-fly with every available means.

It should be pointed out, however, that the search for and destruction of the innumerable breeding-places of the common house-fly created by the deplorable habits of Man is a practically impossible task for those who are required by the health authorities to undertake the control of this pest.

Each individual must be made conscious of the threat to his own health, and of the need to change any of his habits which may provide this enemy of mankind with the essential conditions for its existence.—(Condensed from *WHO Newsletter*, Geneva, Switzerland).

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WHAT'S THE MEANING OF HAPPINESS?

MANY people confuse two quite different things—pleasure and happiness. *Pleasure* is always temporary and usually physical in origin, and is associated with those things which one usually (depending, of course, upon one's tastes) considers "fun" to do: having a good meal, making love, lying in the sun. You will notice that all these things have this in common *viz.*, they come through the senses; they are always temporary; they are all "pleasant" in the sense that they are, quite simply, enjoyable in the most obvious way.

But *happiness* is something quite different, for while it is true that all people enjoying pleasure are, for the time being, happy, the reverse is not however, true. One can be happy when quite unpleasant things are happening...

"Happiness," said a famous psychologist, "is a state of *going somewhere.*" It is no coincidence that the suicide rate always drops in war-time; for war, in spite of all its horrors, supplies the three emotional needs felt by all normal people—the need to be appreciated, to "belong" as the Americans say *i.e.*, the need to be useful; the need to have an aim in life. There is a dramatic relationship between human misery and loneliness or lack of an aim in life.

In order to be happy one needs a goal to strive for, the love of a few, and the respect of those who share our views. The opinions of others need not matter.

In conclusion, one is unhappy: (1) if one has no goal; (2) if one is prevented by circumstances from attaining reasonable goals; (3) if one has chosen unreasonable goals which cannot be attained; (4) if one is compelled by circumstances to mix with the kind of people one finds uncongenial; (5) if one is prevented by one's own personal defects (shyness, for example) from mixing with those who are congenial. —(*World Digest*, Dec. 1956).

Happy Marriage Makes for Mental and Physical Health

H. K.

(Only from marriage can we learn so many things about life and ourselves)

ONLY when the time comes for marriage, as an institution to be abolished altogether, will one find the last word to say about it, which perhaps, inspite of all adverse opinions is a very good thing.

For I have learned more from marriage about everything under the sun than I ever did at school, travelling in ten countries, at sea in the War, and working as a newspaper reporter. All our activities bring us into fairly close contact with human nature. But none so close to the heart and mind, and to the tender consideration of another human being, as does marriage. None of them brings you face to face with your *self* as does daily life lived with the woman you love and the children she has borne you.

More marriages fail over quarrels about money than for any other single cause. You could say that the couple who spend their income harmoniously have already learned a tremendous amount about living.

As a bachelor, and it is ten years since I was one, I counted myself generous and open-handed.

But after marriage, I discovered that my bachelor generosity had been mostly self-indulgent. I liked buying drinks. I liked giving attractive girls good food and good wine.

But in marriage, when it was a question of going out for the evening or buying new chair-covers, I discovered that over chair-covers I was the meanest man in town. I have learned now to find money for chair-covers, though it still hurts a little.

I am, of course, still learning from marriage.

Marriage teaches one the value of money. We know now, my wife and I, that two dozen cakes and a roast chicken with a bottle of good wine—at home—is much better value for a celebration than the equivalent menu in a restaurant. *We still think so, even when we are washing-up the dinner things.*

From marriage one learns the hard lessons of *consideration, understanding, tolerance.* A man knows about these things as a bachelor. Or rather, I think he knows *of* them. The '*about*' them you get only from marriage: successful marriage is continuing to be wise after the event.

After the quarrel, either one of you, calming down, will tell yourself that if you had not brought up the issue of the undarned socks—or the broken promise to pay the school fees—at a time when your wife had a screaming headache—or your husband had an office row—there would not have been a quarrel.

Continuing to be wise after

the event means next time getting at least one pair of socks darned. Or saying you have not paid the school fees because you paid the gas, electricity, hire purchase, mortgage, and at the moment the bank manager is in one of his unco-operative moods.

The prime lesson I have learned about love from marriage is timing. *Love is timing.* It is the knowledge, or feeling, of when to make love, when to quarrel, when to offer a shoulder of weeping.

Of course, I have learned much about children from marriage and my two sons. Yet I never wanted to have children. Nor did I—nor do I know that I have two—want to see them make a success of those things I failed at as a boy. I want them only to make a success of what they want to do.

I always had a pretty accurate idea of what being a father entailed. I did not want the responsibility, the clatter and the ruthless demands, the not being free except with the aid of sitters-in or mothers' helps. During the brief courtship of my wife, I did agree that I would like to have extremely pretty daughters who would be rather fey, very decorative, and regard me, their father, as a combination of Rocky Marciano and Sir Osbert Sitwell.

Of course, I know now, since my two sons have brought me into tea-party contact with beautiful, decorative little girls that they can be just be unreal, just as demanding as boys.

So marriage has taught me that you cannot divide children. *Boy or girl, they are demanding and clatter wtth equal efficiency.*

My two sons have taught me what I am. *Children,* from the point of view of behaviour, *are what we parents make them.* They are how husband and wife behave to each other. They are embarrassing mirrors of our failings. If one is selfish, the reflections children give can be annihilating.

Judges in divorce courts, social workers, religious dignitaries, comment frequently on selfish parents. I have some real sympathy for those parents. The care and protection of children is one of the deepest and best of the tribal instincts in man. Yet civilized living, with its stresses and strains, wars directly against perfect parenthood.

If one is willing to learn from marriage, one can combat the needling factors of twentieth-century life. Yet there are a great many married couples who because of their very emotional make-up should never have children, who are in no way capable of dealing with them humanely or with understanding.

Although I said I never wanted to have children, I always had a very real appreciation of the desires of the little people who live in a world mostly composed of big ones.

They are realities and they are life. And if a man cannot face up to their midnight crying and their early morning high spirits, then he is a poor fish. In need of sympathy perhaps, but—

should he ever have been a father ?

Now that I have sons, I cannot be without them. Out of recollection, two incidents particularly mark my love for them. A love which on occasions conflicts with my old prejudice of not wanting children.

I remember how my youngest son, who had to be weaned suddenly after three months' breast feeding, refused to take his bottle. He fought, he yelled his small body into croaky hoops of rage and frustration. The nurse was there, my wife was there, and my mother was there too.

The three women could not make him feed. And of this I am proud, and as a great moment in my life it ranks equally with the sale of my first story : *it was I who got him to feed from his bottle !*

I had watched how, when he fed at my wife's lovely breast, he did not really suck as one does through a straw, but took the nipple in his mouth and with his tongue pressed it against the roof of his mouth.

The three women had been pushing the bottle straight into his mouth. His crying was like a blade in the heart. I took him in my arms, took the bottle, and pushed the teat up against the roof of his mouth.

For a second he fought, then he started to feed. The crying was gone, the hunger was satisfied, and in my arms he took life, a life he had previously taken from my wife.

It is perhaps a small incident and not a lead story on the front page of the world's living. For me it was.

I learnt about selfishness when I took my eldest son to the cinema. It was a crook film designed for boys. It was badly edited and even I, an adult, could not follow the plot properly. My eldest boy asked which gun was on which side ?

I said, "I don't know. It's a very badly made picture." But he answered rather reproachfully. "It isn't a bad picture to me, Daddy."

I learnt then of the small wounds we can so unwittingly inflict on the young—and, indeed, on grown-ups.

For now, if someone tells me how much they enjoyed a book, film, or play, and I can see how much pleasure it gave them, I do not say that I disliked it.

Weak ? Perhaps. Yet no grave moral problems are involved—only understanding and heart. If a book or film postulated evil I would argue back. But marriage has taught me, and my two sons have added to the knowledge, *that there are relative values and that they run right through our living.*

So I believe in marriage. I am not impressed by all that is said against it. Marriage itself is not in error—only husbands and wives err in their behaviour towards each other, their children, and the community.—(*Brittania and Eve*, London).

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Pleasant Topics from Periodicals

Edison was a wonderful inventor. He invented the phonograph so people would sit up all night and use his electric light.—*(Howard College Crimson, U.S.A).*

* * *

"The simplest and most ordinary things are often the most difficult to grasp."

"Yes, I know—such things as wet soap in your bath !"—*(Expressen,* Stockholm).

* * *

My uncle, who is a gentleman farmer, has a dairy farm. He makes all the cows sleep on their back so the cream will be on top in the morning.—*(Australian Journal).*

* * *

Sam Goldwyn, the great Hollywood director, was directing a deathbed scene. He didn't like the hero's stodgy performance.

"Listen !" Sam shouted, "you gotta put more life into your dying !"—*(Sunday Dispatch).*

* * *

One thing a boy can learn with a toy chemistry-set is his father's boiling point !—*(Saturday Evening Post).*

* * *

Granny had volunteered to look after her four-year-old grandson while his parents went to the cinema. Tucking him in bed, she whispered. "Are you ready for your bed-time story ?"

"Not tonight, please, Granny" he murmured.

"Then shall I sing you a lullaby ?"

"No thanks," yawned the four-year-old.

Granny was perplexed. "Then what can I do for you, dear ?" she asked,

"Well," proposed he, "why not you take a walk and let me get some sleep ?"–*(Woman's Life,* S. Africa).

* * *

A tourist on a boat lost 2s. 6d., and accused Pat, who was near where he thought he had laid it down. The tourist afterwards found it, and apologized to Pat.

"No need," said Pat. "A mistake on both sides, You mistook me for a thief and I mistook you for a gentleman!"—*(Veld Breeses,* S. Africa).

* * *

General Sherman was once a guest of honour at a banquet which was followed by a reception. Among the people who shook hands with him was a man whose face was familiar but whom he could not place.

"Who are you ?" the General asked in a whisper, as he heartily welcomed the guest.

The man's face flushed as he answered, "Made your shirts, sir."

"Ah, of course," exclaimed the General, and turning to the receiving commission, he said, "Gentlemen, allow me to present Major Shurtz !"—*(The X-change).*

A tourist in Paris was eating at a restaurant where the food, amazingly enough, was terrible. What's more, the waiter cheerfully admitted the fact.

"Monsieur would be wise," he whispered, "to get out of here fast. There's a really fine little restaurant right across the boulevard".

"Are you sure ?" asked the tourist.

"Sure ?" *Certainement,*" said the waiter vehemently, "I own it," Then he added: "This miserable place is where I find my customers !"—*(Pelican).*

* * *

One morning, as I was making my daily train journey to work, a man sitting behind me tapped my shoulder. "You're in an awful rut," he said. "Each morning you get on this train at the same place, same time, sit in the same seat and read the same paper. Don't you know that makes for a very boring existence ?

"How do you know I always sit in the same seat ? I asked indignantly.

"Because," he repelied, "I always sit right behind you."—*(James Frame).*

* * *

A man went to an insurance office to have his life insured.

The insurance agent asked, "Do you drive ?"

"No," said the applicant.

"Do you fly ?"

"No," answered the applicant a second time.

"Sorry, sir," said the agent curtly, "but our company no longer insures pedestrians." – *(Christian Observer).*

* * *

Convinced she was dying, a wife felt only concern that her husband would be unable to manage without her.

"Promise me, dear," she said, "that when I'm gone you'll take another wife. And I've been thinking that you couldn't choose a better one than Helen Hendry."

"Well, I don't know," hesitated her husband. "She isn't exactly the one I've been thinking about myself "—*(Tracks).*

* * *

A man bought some fine Havana cigars and had them insured against fire. After smoking them all, he put in a claim on the ground that they had been destroyed by fire. The indignant insurance executive naturally refused to pay, so the wiseacre sued. What's more, he won his case.

The judge decided that once the company had accepted a premium and issued a policy, it was financially responsible.

The sharpie accepted payment, but had little time to gloat. The insurance company had him arrested for arson !–*(Good Morning).*

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